

**B**ecause you are a VIP (very important patient), we want to help you stay safe while you are a VA patient.

Here are some reasons why you are more likely to fall while you are in the hospital:

- You are sick and may feel weak
- You are in new surroundings
- You may not be sleeping as well as you do at home
- If you are over 70, you are more likely to fall
- You may be taking new medications
- You may have tubes or machines that keep you from moving around on your own
- The toilet may be further away than at home
- It may be darker than you are used to
- The lights are in a different place
- You are away from your loved ones
- The people helping you are unfamiliar to you

***During your first few days in the hospital, your risk for falling is greater.***

Here are some tips to help you stay safe:

- When you get up from bed or a chair, take your time
- Before you get up from bed, sit on the side for a few minutes and make sure you don't get dizzy
- Learn how to use hospital equipment such as wheelchairs or walkers safely
- Learn where things are in your hospital room, including the nurse call system
- Don't lean on your bedside table/stand for support

- Lean only on heavy, stable objects
- Don't tilt your head back sharply
- Call if you need help getting up or going to the bathroom
- Go to the bathroom before going to bed at night
- Give yourself enough time to get to the bathroom
- Don't wear loose fitting shoes or socks when walking
- Non-skid slippers are available if you need them
- Be careful when opening doors
- Go around corners slowly
- Lock your wheelchair before getting in or out of it
- Report any spills on the floor

***The VA staff has had special training to help keep you safe.***



Here are some of the things we do to help keep you safe:

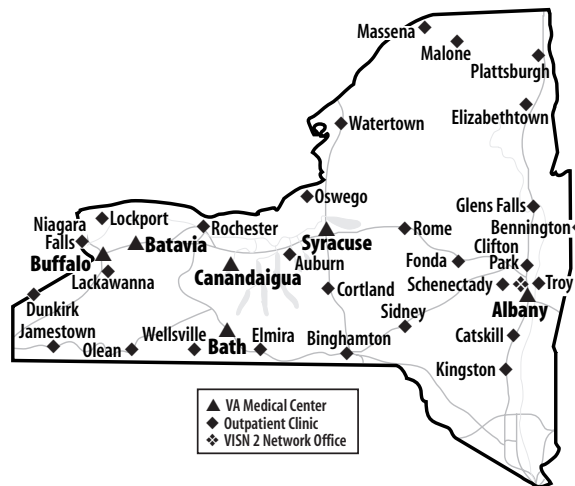
- Each staff member has yearly safety training
- There are periodic fire drills
- Staff come around often to check on you and make sure you are comfortable and safe
- Patients are given armbands to be worn at all times - this helps us know who you are and where you are suppose to be
- If you are at risk to fall you may receive a colored armband
- So that we can properly label all of your records, let us know about any allergies you have
- To make sure you receive the proper medications, there is a bar code on your armband. This is similar to the bar code system used in grocery stores.
- Safety devices may be used to help keep you from falling
- If you need to be in isolation, the staff will explain this to you and your family
- Smoking is only allowed in designated areas
- If there is an emergency, our staff help you and keep you safe

If you have any safety concerns, please let one of our staff members know right away. With your help, your stay at the VA will be a safe one.



**STAFF  
TEACHING  
ALL  
RESIDENTS  
SAFETY**

## Reaching Us Is Easy



### VA Health Care On The Web

[www.va.gov/visns/visn02/](http://www.va.gov/visns/visn02/)

### Upstate New York Veterans ~

Wherever you are, When you need help ...

**VA TELCARE**

**1-888-838-7890**

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## *Fall Prevention*

**Your Safety is Important**